

# Child Care Health Consultation Lesson Plan

Contractor Name: Standard Lesson Plan

Date Submitted: January 15, 2015

☐ Children's Health Promotion

Adult Training on Content Area V: Health and Safety  <i>Select one standard and one level</i>	Health and Safety Standards	Training Levels
	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	<b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
<input checked="" type="checkbox"/> Promoting Healthy Eating		

Title: Dietary Guidelines for Americans – Making Healthy Eating Part of a Healthy Lifestyle

Training Goal: Participants will acquire concepts for choosing a healthier lifestyle, including healthy eating habits

Learning Objective(s): Participants will

- Identify ways to make healthy eating part of an overall healthier lifestyle
- Identify which foods can and should be eaten regularly and those that should only be occasionally
- Become capable of reading and interpreting Nutrition Fact Labels on products to inform their healthy eating choices

Topical Outline of Content	Training Method(s)	Time (in minutes)
<b>NOTE TO TRAINER: All supporting training documents (activities/quizzes/video clips, powerpoint slides, handouts) , &amp; evaluations can be accessed and downloaded at:</b> <a href="http://health.gov/dietaryguidelines/workshops/">http://health.gov/dietaryguidelines/workshops/</a>		
Introduction – Review the Learning Objectives	Intro	5 min
<b>Objective 1:</b> Concepts of a healthy lifestyle– Review handout: <i>Making Healthy Eating Part of Your Total Lifestyle</i>	Lecture, discussion, handouts	15 min
<b>Objective 2:</b> Foods that should be eaten regularly and those that should be eaten only occasionally – Review handout: <i>GO, SLOW, and WHOA Foods</i>	Lecture, discussion, handouts	15 min
<b>Objective 3:</b> Learn how to read and understand the Nutrition Facts Label ; Activity– Review handout: <i>Tips for Using the Nutrition Facts Label</i> ;Increasing Physical Activity ; Review handout <i>MyPlate</i> and how to use <i>10 Tips to Enjoy Your Food, But Eat Less</i>	Lecture, discussion, handouts	15 min
• Wrap-up/Q&A / evaluation	Wrap up; Q & A, evaluation	10 min

Method(s) of Outcome Evaluation:

## FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

Date Approved:  
January 15, 2015

Authorized Approval Signature:



Date Expires:  
January 2018